

# Fall 2019 - Summer 2020 Racquetball Leagues



Signup Starts	League Session	
Aug 12	Sept 9-Oct 26	
Oct 14	Nov 4-Dec 21	
Holiday Break		
Dec 9	Jan 13-Mar 21	
Mar 9	Mar 30-June 6	
Summer Break		
May 18	June 15-Aug 22	
Fall Doubles Tournament		
Coming Saturday, October 26th!		

Sign up for leagues at the front desk or email Julie.
Questions? Contact Julie at 831-6500 or Julie @harborathletic. com

Men's C		
Mon	6:30 pm	
Tues	6:00 am	
Wed	7:30 pm	
Weekly	Flextime	
Men's B/C		
Mon	12:00	
Tues	6:30 pm	
Thurs	Noon	
Thurs	5:30 pm	
Fri	5:30am	
Sat	7:30 am	
Men's B		
Mon	7:30 pm	
Tues	5:30 pm	
Wed	6:30 pm	
Fri	6:00 am	
Weekly	Flextime	
Men's A		
Mon	5:30 pm	
Tues	7:30 pm	
Thurs A/B	6:30 pm	
Weekly	Flextime	
Men's B Doubles		
Sat	8:30 am(drop in)	
Men's A Doubles		
Wed	5:30 pm	
Sun	8:30 am(drop in)	

Women's D (Beginners)		
Weekly	Flextime	
Women's C		
Sat	9:30 am	
Weekly	Flextime	
Women's B/C		
Tues	9:00 am	
Thurs	7:30 pm	
Weekly	Flextime	
Women's A		
Weekly	Flextime	

#### www.harborathletic.com

Youth League (ages 10-13) Seasonal		
Tues/Wed	4:30 pm	
Instructional League - Supervised In-		
struction and play. Starts end of October.		
Contact Julie@harborathletic.com		

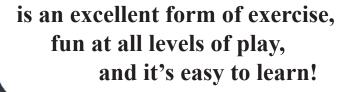
2020 Club Championships! Singles & Doubles events Feb-Date *TBA* 

#### League Fees

\$5 per league and must be paid at time of sign up.
(Automatic billing is available & recommended.

Sign signature form at front desk)







## Racquetball has many health benefits..

- increases cardiovascular endurance, strength, and flexibility
- great stress reducer
- burn as many as 800 cal/hr
- social...you'll meet fun & active people

# Racquetball Lesson Program

### **Instructor Julie Jacobson**

(25+ years of experience in racquetball instruction and competition)

<u>Free introductory lessons</u> are offered. All members are eligible and welcome. Email julie@harborathletic.com to get started.

<u>For the more advanced player</u>: Private lessons are offered for 1 hour and 1/2 hour sessions to work on a certain aspect of your game with one-on-one attention.

One hour: \$35 1/2 hour: \$20

Youth Racquetball: Racquetball instructional workshops and leagues are available for kids 8-13 years of age as part of our Youth Fitness programs. Email Julie@Harborathletic.com for more information.

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